



U6 Session #1

Category: Technical: Dribbling and RWB
Skill: U6

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Description

Crossover Dribbling (5 mins)

Organization:

Each player has a ball and stands lined up with the other players on one side of a 15x20 yard grid.

Activity:

When the coach says, "Go," all players dribble to the opposite side of the grid. Once there, each player turns around and dribbles back across the grid to their original spots.

Variations:

- When the players reach the other side, have them go to a different spot when they make the return trip.
- Time the event and see how many times the player can cross over in that amount of time.

Coaching Points:

- Dribble with the head up to avoid other players.
- Long touches or short touches to maximize speed and control?



Tag (5 mins)

Organization:

Each player has a ball.

Activity:

Players try to tag each other with their hands while dribbling a soccer ball. Players may not abandon their own ball while attempting to tag someone. Play for a pre-determined amount of time. Have players keep count of their own tag amounts and try to improve their score if playing more than one game.

Variation:

May start without a ball to introduce activity.

Coaching Point:

Activity will require players to dribble with their head up and keep the ball close in order to be successful.



Hospital Tag (5 mins)

Organization:

Each player has a ball within a defined area.

Activity:

Players dribble within the designated area while using their hands to tag the other players. When a player gets tagged, he must hold the spot on his body that he was tagged with his hand. Once a player has been tagged twice (i.e., has both hands holding spots where he was tagged), that player must run to the "hospital" to get well. The "hospital" is a space set around 10 to 15 yards away from the designated area to which the player must dribble and perform 4 ball touches. Once the player has completed the task, he can resume play with both hands free.

Variations:

- Can play with or without a ball.
- Add a task once the player arrives to the hospital, i.e., toe taps, a dribbling move, etc.

Coaching Points:

- Keep the ball under control and close.
- Change of speed and/or direction.

Coaching Questions:

- How can you keep from getting tagged?
- What can you do that will help you tag others?



Outta Here (10 mins)

Organization:

Set up a 20x25 yard field. Establish a 1v1 match-up between 2 players. Each player will have teammates waiting in a corner. The coach will have a collection of balls on the touchline. Players, therefore, do not chase any balls out of bounds during the activity.

Activity:

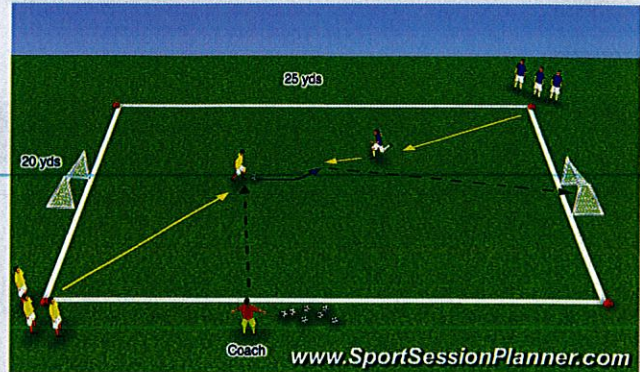
1v1 soccer. Once a player scores, the opposing player leaves the field and is replaced by one of his teammates from the corner. Players should rush onto the field when they replace someone so that play can continue uninterrupted. When the ball goes out of bounds, both players leave the field. New players from both teams rush onto the field and play continues. Coach can restart play to a certain team or player to ensure chance of success.

Variation:

- May play 1v1, 2v2, 3v3, etc.

Coaching Points:

- This game should be very fast-paced.
- As soon as a ball goes out of bounds, throw another ball in immediately.
- Vary how balls are distributed into the playing area.



3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players each and 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #2

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Pro-Club: Cal South Coaches Association
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Description

Free Dribble (5 mins)

Organization:

Each player has a ball within a 15x20 yard area.

Activity:

All players dribble within the area using the inside, outside and sole of their foot. Have the players change direction and accelerate away.

Variations:

- Have the players change direction and accelerate away.
- Have the players perform a move and accelerate away.
- Coach can put defensive pressure on players.



Hit the Dirt (5 mins)

Organization:

Each player has a ball within a 15x20 yard area.

Activity:

Each player dribbles within the area. When the coach says, "Hit the dirt," the players must stop dribbling and lie face down on the ground. When the coach says, "Up," each player gets up and dribbles again.

Variations:

- When the coach says "Hit the dirt," the players hit the ground and jump up again.
- When the coach says "Hit the dirt," the players hit the ground, jump up again, and find another player's ball.
- Time the event and see how many times the player can cross over in that amount of time.

Coaching Points:

- Dribble with the head up to avoid other players.
- Short touches so a player can stop the ball quickly whenever the coach says "Hit the dirt!"



Snakes (5 mins)

Organization:

Each player has a ball, with the exception of at least 2 players within a defined area.

Activity:

All players with a ball should dribble within the area. The 2 players without a ball hold hands or lock arms to become a "snake." The snake players work together to try and tag those with a ball. If they tag someone, that player becomes part of the snake.

The snake must stay connected and not break into separate parts. Encourage the snake players to "hiss" like a snake while playing to add atmosphere to the game.

Coaching Points:

- Keep the ball under control to avoid the snake.
- Changes of speed and/or direction.

Coaching Question:

How can you keep from getting tagged?



Freeze Tag (10 mins)

Organization:

Each player has a ball and dribbles inside a defined area. One player without a ball is "It" aka "The Ice Monster."

Activity:

When dribbling players get tagged by the Ice Monster, those players must stop and hold their ball overhead in an open stance (feet apart). Teammates can "restore" a frozen player by passing their own ball through their frozen teammate's legs.

The objective is for the Ice Monster to freeze everyone, at which point a new Ice Monster is selected and play begins anew. The objective for the dribbling players is to keep the game alive by continually unfreezing other players. Feel free to add another Ice Monster if the first one is having too much difficulty freezing everyone.

Coaching Points:

- Dribbling. Quickness with the ball. Heads up.
- High activity. Quick reactions required.
- Team cooperation. High level of communication -- "Hey, over here - unfreeze me!"



3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players each and 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #3

Category: Technical: Dribbling and RWB
Skill: U6

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Description

Paint the Field (5 mins)

Organization:

Each player has a ball within a 15x20 yard area.

Activity:

All players dribble inside the area pretending the ball is a paintbrush. Players must "paint" as much of the grass as possible within a given amount of time.

Coaching Points:

- Use different parts of the foot when dribbling to paint the field.
- Use both feet when painting the field.



Kangaroo Jack (5 mins)

Organization:

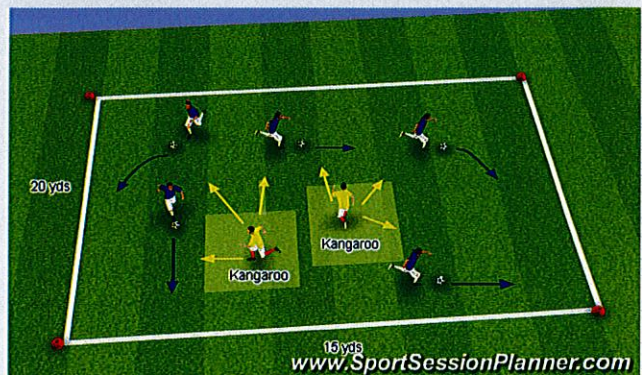
Each player has a ball within a 15x20 yard grid, with the exception of 2 or 3 players who are designated as "kangaroos."

Activity:

Each player dribbles within the area. The players designated as kangaroos hop up and down in the area trying to tag those players with a ball. Once a player is tagged, that player becomes a kangaroo.

Coaching Points:

- Dribble with the head up to avoid kangaroos.
- Change of pace and direction to get away from kangaroos.



Crab Soccer (5 mins)

Organization:

Each player has a ball inside a defined area, with the exception of 3-4 players who are designated as "crabs."

Activity:

While the players with balls dribble within the area, the other players crawl about on their hands and feet like crabs. The crabs try to clear the balls out of the area while the dribblers try to avoid the crabs. If a dribbler's ball is cleared out of the area, that player becomes a crab. Play continues until every player becomes a crab.

Variation:

Rather than clearing the ball out, the crab must win the ball. Once they do, the crab becomes a dribbler and the player that lost the ball becomes a crab.

Coaching Points:

- Keep the ball under control to avoid the crabs.
- Change of speed and/or direction to get away from the crabs.

Coaching Question:

How can you keep from becoming a crab?



Ball Tag (10 mins)

Organization:

Each player has a ball inside a 15x20 area.

Activity:

All players dribble and then try to kick and hit the other players' balls or feet with their ball. Play for a pre-determined amount of time. Have players keep count of their own tags and try to improve their score if playing more than one game.

Variations:

- May start with one player as the designated tagger who has the ball in their hands.
- If a player tags the coach, the player is awarded 10 or 20 points. If that player tags another coach, he is awarded 50 to 100 points.

Coaching Points:

- Activity will require players to dribble with their head up and keep the ball close in order to be successful.
- May introduce the technique of passing or striking a ball to ensure proper form.



3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players and 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #4

Category: Technical: Dribbling and RWB
Skill: U6

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Description

Individual Retrieval (5 mins)

Organization:

The coach begins with all of the balls.

Activity:

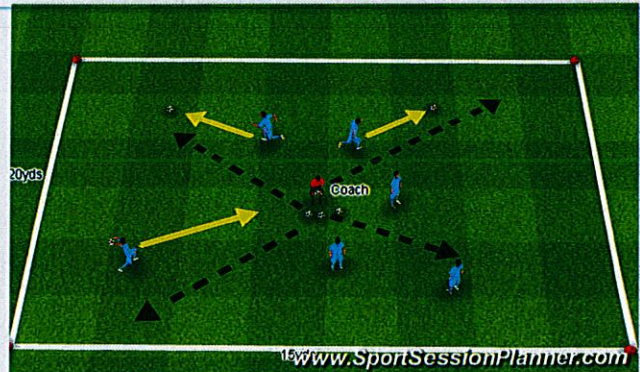
The coach throws the balls in different directions for each child, who must bring their ball back to the coach as quickly as they can. The children must bring the ball back by using their hands, i.e., rolling the ball with their hands, bouncing the ball with two hands, etc.

Variation:

Once the children get the idea that they are to bring the ball back to the coach, then the coach has the children bring the ball back using their feet.

Coaching Points:

- Creativity.
- Balance and coordination.
- Understanding.
- Completing the task quickly while staying under control.



Body Part Dribble (5 mins)

Organization:

Each player has a ball within a confined area.

Activity:

Players dribble to keep control while avoiding others. While they dribble, the coach calls out a body part. The players must immediately stop their balls with that body part. You can call "left foot," "right elbow," "chin," "left knee," etc. Make the activity fun!

Variation:

Switch to non-verbal cues by just stopping the ball with a certain body part. Kids are now forced to pick their head up, find the coach and figure out which body part to use.

Coaching Points:

- Dribbling in a confined area. Close control. Changing directions and/or speed.
- Reaction time. Reinforce knowledge of body parts.
- Reading the environment. Looking and moving into open spaces.
- Working within a group. Listening skills.



Gates (5 mins)

Organization:

Set up several cone gates within an area. Each player will need a ball.

Activity:

Upon the coach's command, the players try to dribble through the gates.

Variations:

- Ask the players to dribble through the gates at different speeds, i.e., fast, slow, fast.
- Challenge the players to dribble through as many gates as they can in 30 seconds. Players are asked to dribble through more gates than their previous attempt. Go for several rounds and keep track of score.
- Add "guards" (adults) at the gates. Players must dribble through the gate that is "open." Only one gate at a time is open. The coach discreetly indicates to the guards which gate is open. Players can dribble through a gate again and again until it closes. Guards do not play defense.
- Children must dribble through all of the gates before they go through the same one again.

Coaching Points:

- Ball control.
- Quality of touches.



- Vision -- "Keep your heads up!"
- Speed of play.

Coaching Questions:

- Rather than asking who went through the most gates, ask the players if they went through more gates than in their previous attempt.
- "There is value in competing against yourself and improving because of it."
- How can you dribble through more gates?

Endline Soccer (10 mins)

Organization:

Set up a 30x25 yard area with goals at each end. Within the area, establish a 3vs3 match, with a pile of balls situated on the sideline next to the coach.

Activity:

The players will play a 3v3 match to the endline. A player must dribble across the endline to score. When the ball goes out of bounds, the coach will put another ball into play.

Variation:

Coach can serve the ball to the team that is not winning, or to a less involved player when the ball goes out of play. This will ensure a chance for involvement and success for all players.

Coaching Point:

Encourage children to dribble. There is no such thing as a "ball hog" here.



3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players each with 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #5

Category: Technical: Dribbling and RWB
Skill: U6

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Description

Paint the Field (5 mins)

Organization:

Each player has a ball within a 15x20 yard area.

Activity:

All players dribble in the area pretending the ball is a paintbrush. Players must "paint" as much of the grass as possible in a given amount of time.

Coaching Points:

- Use different parts of the foot when dribbling to paint the field.
- Use both feet when painting the field.



Red Light/Green Light (5 mins)

Organization:

Each player has a ball within a set 15x20 yard area.

Activity:

All players dribble freely within the area, and are designated as "cars." When the coach says, "Red light," the players must stop the ball. When the coach says, "Yellow light," the players must dribble slowly, and when the coach says, "Green light," the players must dribble fast. The coach controls the frequency of the light changes.

Variations:

- Rather than speaking the commands, the coach holds three different pinnies in his hand -- red, green and yellow -- and holds up the corresponding pinnie to signal each change. The coach can move about the area to ensure that the players will need to pick their heads up.
- Have the players "honk" imaginary car horns if another car gets too close.

Coaching Points:

- Keep the ball close so the player can stop it quickly.
- Heads should stay up so players don't run into other cars.



Sharks and Minnows (5 mins)

Organization:

Within a set 15x20 yard area, several players are designated as "minnows," with each one possessing a ball. All other players are designated as "sharks."

Activity:

When the coach says, "Go," the minnows dribble their balls within the area while the sharks try to take the balls away. If a shark takes a ball from a minnow, the roles of those two players are reversed. The minnows are not allowed to leave their balls in order to evade the sharks. Several rounds can be played to allow everyone a chance to be a shark.

Variations:

- The number of sharks can be varied to add or take away pressure.
- The coach can become a shark or minnow to add excitement to the game.

Coaching Points:

- Change of pace and direction.
- Different types of dribbling styles, depending on the time and space available.
- Keep head up to avoid the sharks.



Pirate's Treasure (10 mins)

Organization:

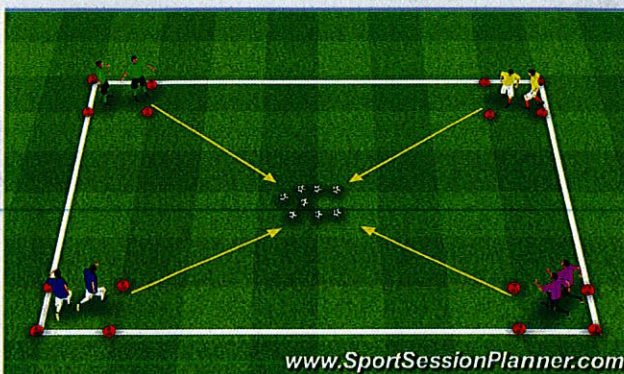
In a set area, divide players into equal teams with each team's "pirate ship" in one corner of the area.

Activity:

All soccer balls are placed in the middle of the area with each team starting play at their pirate ship (corner). On the coach's command, the players try to retrieve the balls ("treasure") and return with them to their ship. They can also steal treasure from their opponent's ships. When the coach calls time, each team counts the amount of treasure they have in their ship.

Coaching Points:

- Keep the ball close to avoid getting it taken by the other teams.
- Keep head up to avoid opponents.



3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players each and 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #6

Category: Technical: Dribbling and RWB
Skill: U6

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Description

Driving School (5 mins)

Organization:

Each player has a ball within a 15x20 yard grid.

Activity:

All players pretend they are "cars." Players start dribbling when the coach says, "Green light," and stop their balls with the bottom of their feet when the coach says, "Red light." Introduce "yellow light," which indicates that everyone should dribble in slow motion.

After the players understand the basics, it's time to teach them how to park. Place cones throughout the grid equal to the number of players. When the coach says "Park your car," players must find an open cone ("open parking spot") quickly. Only 1 car can be at each spot at a time. Slowly reduce the number of parking spots by 1 cone, then 2 cones, etc. to add to the challenge. Those that can't find a spot have to keep driving. Start combining the different commands and add in variations as needed. Make it fun! Have the players rev their engines and honk at other cars to add to the excitement.

Variations:

- Fill the car with gas by finding a gas station and pump the gas, i.e., toe taps, etc.
- Turn on windshield wipers, i.e., ball between their feet.
- Dribble around obstacles (coach, goal, garbage can, etc.) and then have them park their cars.
- Coach acts as police officer and hands out tickets to speeders (tagging a player is a speeding ticket -- kids love this; watch them try to speed away!) A ticket penalty can be Walley jumps.
- Let players be the police officer.
- Use colored bibs instead of speaking commands to make sure the players have their heads up while dribbling.

Coaching Points:

- Dribbling under close control.
- Promotes quick reaction time and balance.
- Decision-making. Anticipation. Listening for verbal cues.



Tail Tag (5 mins)

Organization:

All players have a ball within a set 15x20 yard area. Players tuck a T-shirt or a scrimmage vest into the top of the back of their shorts so it looks like they have a tail.

Activity:

On the signal, the players see how many tails they can gather while dribbling within the area. Players that lose their tails should still continue to play. Play for 30-60 seconds. The player with the most tails wins the round.

Variations:

- If the rounds go too quickly, another tail can be added to each player so the coach who can control the pace of the game.
- Can play game with or without balls.

Coaching Points:

- Changing direction. Balance. Quickness.
- Decision-making.
- Vision.



The River (5 mins)

Organization:

Set up a "river" using cones. Each player will need a ball.

Activity:

Each player stands on the "bank" of the river with a ball. Upon the command, "Go," each one strikes their ball across the river, past the other bank. Upon striking the ball, players are instructed to follow the coach around the river. The coach yells, "There are alligators in the river!! Don't go through the river!" Players then retrieve their balls and line up on the opposite line. The process repeats.

After striking the ball several times, players are asked, "Can you kick the ball farther if you stand next to it or if you run up to the ball?" Regardless of their responses, players are moved back from the ball. Upon the command, "Go," they should run and kick the ball.

After running and striking the ball a few times, players are asked, "Can you kick the ball farther with your laces or your toe?" Ask the players to strike the ball with their laces. Ultimately, players should be running up to the ball and striking it with their laces.

CAUTION: Allowing players to run through the river is NOT advised. A player might run through the river and get struck from behind by another player's ball.

Variation:

Striking the ball with the side of the foot. Who can stop the ball closest to the riverbank?

Coaching Point:

Proper striking technique (toe down, laces, ankle locked, non-kicking foot, etc.)



Cops and Robbers (10 mins)

Organization:

Within a 15x20 yard area, several players are designated as "robbers," with each one possessing a ball. 2 or 3 other players are designated as "cops." The coach sets up 8-10 tall cones ("banks") within the area.

Activity:

The robbers will try to knock down the banks with their ball. The cops try to set up all the cones before the banks get robbed. Play multiple rounds so everyone has a chance to be a cop and a robber.

Coaching Points:

- Proper ball-striking technique.
- Head up to find available cones.
- Proper dribbling technique.



3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players each and 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #7

Category: Technical: Passing & Receiving
Skill: U6

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Description

Egg Hunt (5 mins)

Organization:

Have far more balls than players -- the more, the better! Have all of the players line up across one end of the field. Take the balls ("eggs") and spread them out all around the field. At the other end of the field is a goal (use either small-sided goals or 4 cones to form a square) called the "basket."

Activity:

The object of the game is for players to get all of the eggs in the basket (like an Egg Hunt) as quickly as possible using their feet. All players are considered to be on the same team. Time them to see how long it takes them to get all the eggs in the basket. Play multiple rounds to see if they can beat their time. Count out loud when they are close to add to the excitement.

Variations:

- Add a second goal and divide the kids into 2 teams. See which team can get the most eggs in their basket.
- Add a stipulation that players are not allowed to take a ball away from a teammate.
- Change the ball set-up to pose new problems.
- On the "Go" command, knock a few balls around, so that the kids have to react to the ball set-up challenge you have posed.

Coaching Points:

- Positive and cooperative group interaction. Teamwork. Communication.
- Decision-making and problem-solving.
- Dribbling. Ball control. Potential passing and finishing.

Coaching Question:

With subsequent rounds, ask them for ideas on how they can break their record (e.g., pass to a teammate standing closer to the goal).



Edge of the World (5 mins)

Organization:

Each player has a ball and stands on one sideline of a set area.

Activity:

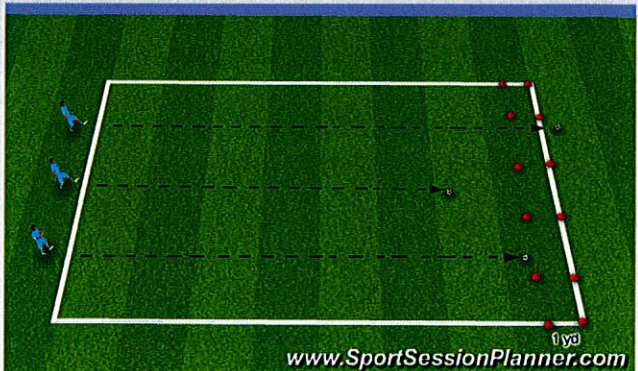
The objective is for players to pass the balls so they stop as close to the other sideline as possible. If the ball goes past the sideline, it falls off the "edge of the world." Players get points for getting their ball within a yard of the line without going over. Players retrieve their balls and compete in another round.

Variations:

Players play balls with laces, inside of foot, etc.

Coaching Point:

Proper ball-striking technique.



Turkey Shoot (5 mins)

Organization:

Set down a dozen cones over a wide area.

Activity:

Players are told that they are going on a "turkey shoot." The cones represent the "turkeys." Players are asked to keep track of the number of turkeys they shoot and to reset any cones they knock over (if you are using disc cones, place them upside-down). The only rule is that a player can't shoot the same turkey twice. Players should try to improve their accuracy with each try and get all 12 turkeys. Coaches can use a time limit (60 seconds), ask them to count the number of shots they take, or command them to "fire" to have everyone shoot at once.

Coaching Points:

- Hitting a target with a pass/shot.
- Accuracy before power.
- Proper passing and shooting technique.



Cops and Robbers (10 mins)

Organization:

Within a set 15x20 yard area, several players are designated as "robbers," with each one possessing a ball. 2 or 3 other players are designated as "cops." The coach sets up 8-10 tall cones ("banks") within the area.

Activity:

The robbers will try to knock down the banks with their ball. The cops try to set up all the cones before the banks get robbed. Play multiple rounds so everyone has a chance to be a cop and a robber.

Coaching Points:

- Proper ball-striking technique.
- Heads up to find available cones.
- Proper dribbling technique.



3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players each and 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #8

Category: Technical: Dribbling and RWB

Skill: U6

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Description

I Can Do Something... Can You? (5 mins)

Activity:

This is a fun, creative and empowering activity. The challenges from the coach can be with or without the ball. For example, the coach says, "I can do something without the ball. Can you?" and begins skipping, at which time the players start skipping in a random fashion within a defined area. Hopping, running and clapping, walking backwards – anything goes!

Progression:

After providing several opportunities for the players to express themselves, the coach goes through the same challenging phase but this time with the ball: "I can do something with the ball. Can you?"

If you are trying to learn names at a first (or early) practice, have the kids state their names as they participate, i.e., "My name is Nathan and I can punt my ball into the air. Can you?"



Tornadoes and Volcanoes (5 mins)

Organization:

Place an even number of small cones over a designated playing area, with half of the cones placed upside-down. Separate players into two teams: the "Tornadoes" and the "Volcanoes." No balls are used in the initial variation.

Activity:

Playing 1-minute rounds, the players have to flip the cones over to represent their team names. The Volcanoes team will flip the cones to their normal position so that the cones resemble volcanoes, and the Tornadoes team will flip the cones upside-down so that the cones resemble the shape of tornadoes.

After 1 minute, the action should stop. The coach counts the cones and awards a point to the team with the most cones representing their team's name.

Progression:

Play a few rounds this way, and then switch to playing rounds where each player dribbles a ball. In these rounds, players have to completely stop their ball next to a cone before they can turn it over.

Makes sure you have a few more cones than players. The final round can be employed to see who can collect the most tornadoes and volcanoes and bring them off the field. It is a great way to tidy up the area so you may set up your next activity.



Blob Tag (5 mins)

Organization:

All players are standing inside a 30x30 yard area.

Activity:

The player that is "it" runs and tries to tag the other players. When a player is tagged, he must join hands with "it" to begin to form "the blob." When the blob reaches the size of 6 players, it can break up and mutate into 2 blobs of 3 players each. Continue until all players are caught. The last player caught starts as "it" in the next round.

Variations:

- Same game, but all players except the person that is "it" have to dribble a ball instead. "It" moves freely within the area and tries to kick any player's ball out of the area. If a player's ball leaves the area, that player must join the blob. The last player dribbling the ball is the winner. Another twist that the players may enjoy is when the coach starts as "it" or becomes part of the blob.
- Make the grid area smaller to make the game harder for the dribblers.
- Have the blobs break into pairs to make the game harder for the dribblers.

Coaching Points:



- Awareness. Head up and ball under control... Watch out for the blob!
- Dribbling. Changing direction and speeds.
- Blob teamwork. Decision-making. Communication.
- Group success. Giving players a sense of belonging.

Knockout (10 mins)

Organization:

Each player has a ball within a 20x20 yard area.

Activity:

Each player dribbles inside the set area. When the coach says "Knockout," each player tries to keep possession of his ball while trying to kick the other players' balls out of the area. When a player's ball gets kicked away, that player must give immediate chase. If that player can get to the ball before it stops rolling, he can rejoin the game. If however, the ball had stopped rolling, that player must perform a special activity (such as 5 toe taps) before he gets back into the game.

Coaching Points:

- Awareness expands peripheral vision. Keep your head up and be aware of other players.
- Dribbling. Changing direction and speed.
- Keep ball close to the body and under control.
- Play the ball, not their legs.
- Decision-making. Attacking with the ball.
- Shielding: learning to use the body to protect the ball.

Coaching Questions:

- Do you want to keep the ball close or kick it far when dribbling?
- What can you do to get away from the other players?



3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players each and 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #9

Category: Technical: Dribbling and RWB

Skill: U6

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Description

Explode (5 mins)

Organization:

Each player has a ball inside of a defined area. The coach should place several cones outside of the area, around 10-15 yards away.

Activity:

Dribble inside the area, keeping the ball within close control. When the coach yells "Explode," the players have to dribble with speed out of the smaller area around one of the cones and then come back to the area.

Variation:

On "Explode," players need to leave their ball, find another ball and dribble around the outside cone.



Dog and Master (10 mins)

Organization:

Each player has a ball inside of a defined area.

Activity:

Each player ("master") dribbles with a ball ("dog"). The coach calls out various commands: "Keep him on a short leash" (dribble keeping the ball close), "the dog runs away and then is caught by his master" (kick ball and run after it, catching it before it stops rolling), "run with the dog," "walkers swap dogs," etc.

Variations:

Introduce tall cones as "trees" from which masters must keep their dogs away or as evil dogcatchers that kick dogs out of the game. Player must see the park ranger (coach) before coming back into game.

Coaching Points:

Big touch into space and small touches around cones.



Steal the Bacon (10 mins)

Organization:

Within a defined area, use cones to make a small square just inside each corner of the area. Have a team stand outside the area at each corner. A supply of balls should be in the middle of the area.

Activity:

On the coach's command, 2 players from each corner must run to the middle and grab balls with their hands and take them back to their corner. After all the balls are gone from the middle, the players then try to take balls from the other 3 corners. No one can defend their "bacon" inside their corner.

Variation:

Players can use their feet.

Coaching Points:

- Recognize when to use big touches to get away from defenders and when to use small touches.
- Which surfaces of the foot make you have more control and speed?



3v3 Match (20 mins)

Organization:

Play two teams of three players each with two small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.





U6 Session #10

Category: Technical: Ball Control

Skill: U6

Pro-Club: Cal South Coaches Association
Elliott Spruell, Fullerton, United States of America

Description

Ball Tag (5 mins)

Organization:

Each player has a ball inside a 15x20 yard area.

Activity:

All players dribble and then try to kick and hit the other players' balls or feet with their ball. Play for a pre-determined amount of time. Have players keep count of their own tags and try to improve their score if playing more than one game.

Variations:

- May start with one player as the designated tagger who has the ball in their hands.
- If players tag the coach, they are awarded 10 or 20 points. If players tag other selected players, they are awarded 50 or 100 points.

Coaching Points:

- Activity will require players to dribble with their head up and keep the ball close in order to be successful.
- May introduce the technique of passing or striking a ball to ensure proper form.



Dribble to the End Zones (10 mins)

Organization:

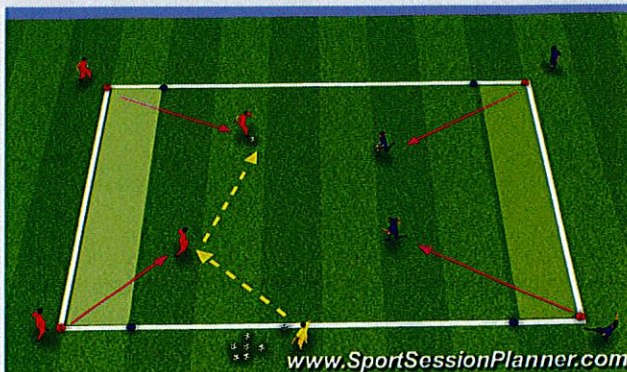
Create a 15x20 yard area with a defined end zone at each end. With a team at each end of the area, place half the players of a team at one corner cone in the end zone they are defending, and the other half at the other corner cone. The coach stands outside the center of the area with a collection of balls at his feet.

Activity:

The game starts when the coach serves the ball into the field. A player from each corner comes out to create a 2v2 game. The game is over when a team scores by dribbling the ball into the end zone they are attacking or the ball goes out of bounds. Players need to get out of the field quickly and get back in line, while the next 4 players begin the next game.

Coaching Points:

- Where will your first touch go?
- Which surface of the foot should you use to dribble?
- When and where should you dribble?
- What can the defender do to stop the dribbler?
- When should you pass?



4 Corners and 4 Goals (10 mins)

Organization:

Create a 20x25 yard area with 2 cone goals at each end. With a team at each end of the area, place half the players of a team in a line at one corner cone of the end they are defending, and the other half in a line at the other corner cone. The coach stands outside the center of the area with a collection of balls at his feet.

Activity:

The game starts when the coach serves the ball into the field. The game is over when a team scores in any of the 2 cone goals they are attacking or the ball goes out of bounds. Players need to get out of the field quickly and get back in line, while the next 4 players begin the next game.

Variations:

- Play to three goals per side.
- Play to one goal per side.

Coaching Points:

- When and how to protect the soccer ball?
- Which surfaces of your foot to use to dribble past the opponent?
- When and how to run with the ball and change directions?



- What do you need to do to beat the defender?
- Which surface of the foot to use to strike the ball and when?

3v3 Game (20 mins)

Organization:

Play 2 teams of 3 players each and 2 small goals.

Activity:

Teams play 3v3 soccer without goalkeepers.

